

# Lion's Mane Tincture

(*Hericium erinaceus*)



## Refuge Remedies

### What is Lion's Mane?

Lion's Mane is a unique, cascading mushroom that grows on hardwood trees. It has been valued in traditional wellness practices and is widely included in modern mushroom routines for its supportive role in overall nervous system and cognitive wellness.

### Traditional & Wellness Profile

In traditional use, Lion's Mane has been associated with supporting mental clarity, focus, and overall vitality. Many people choose this mushroom as part of a daily wellness routine aimed at maintaining balance and resilience, especially during times of mental demand.

### How to Take

- Typical Serving: 1–2 dropperfuls (30–60 drops)
- Frequency: 1–2× daily
- Can be taken directly, in water, or in tea
- Best taken consistently over time for nervous system benefits
- May be combined with other mushrooms or herbs for synergistic effects

### Ingredients

Lion's Mane mushroom (*Hericium erinaceus*), grain alcohol, distilled water, and vegetable glycerin.

### Natural Properties

Lion's Mane contains key bioactive compounds that contribute to its benefits, such as:

- Erinacines & Hericenones — stimulate nerve growth factor (NGF) production, supporting brain and nerve health
- $\beta$ -Glucans — immune-modulating polysaccharides that support balanced immune function
- Antioxidants — reduce oxidative stress and support cellular resilience
- Prebiotic fibers — nourish beneficial gut bacteria, supporting digestion & mood pathways

### Traditionally Used For

- Mental clarity and focus
- Overall nervous system wellness
- Digestive comfort and gut balance
- Daily vitality and resilience

Disclaimer- This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products.